



Conley-Guerrero

Senior Activity Center

808 Nile St. Austin, TX 78702

(512)478-7695

Fax: (512)479-4140

July/August 2013

Happy Independence Day



Closed Maintenance Week

Monday, July 22 - Friday, July 26, 2013

<http://www.austintexas.gov/department/conley-guerrero-senior-activity-center>

Facebook: Austin Parks and Recreation Department - Seniors



The City of Austin is proud to comply with the Americans with Disabilities Act.
If you require assistance for participation in our programs or use of our
facilities, please call (512) 478-7695.



Welcome To



Hours of Operation:

Monday thru Friday:

8:00 AM - 5:00 PM

Please Pardon Our Dust While We Enhance the Facility for Your Future Enjoyment:

The Conley-Guerrero Senior Activity Center will be open for recreation programs and services during our renovation.

Staff

Gladys A. Runnels, *Program Supervisor*
Dina R. Cantú, *Program Specialist*
Carrolyn Vaterlaus, *Program Specialist*
Arthur Ramirez, *Building and Grounds*
Estela Rodriguez, *Administrative Associate*
Vacant, *Administrative Associate*
Mary Roberts, *Activity Instructor*
Miriam Jones, *Activity Specialist*
Jesse Carmona, *Senior Volunteer*
Percy Jones, *Senior Aide*
Roberto Romero, *Senior Aide*

Austin Parks and Recreation Department Refund Policy:

The activity/program fee is refunded in full only if the class is cancelled by the Austin Parks and Recreation Department. In the event you need to withdraw from a class due to personal reasons, personal injury/illness, etc., the prorated activity fee minus a \$10 processing charge will be refunded. A medical verification may be required. Please allow 4-6 weeks for refunds to be processed and mailed—no cash refunds will be given. If the refund amount is less than \$10, no refund will be issued but you may receive a class credit form to be used within 90 days.

Conley-Guerrero!

Austin Parks and Recreation Department Mission Statement

The purpose of the Parks and Recreation Department is to provide, protect and preserve a park system that promotes quality recreational, cultural, and outdoor experiences for the Austin Community.

Conley-Guerrero Senior Activity Center Mission Statement

The purpose of the Conley-Guerrero Senior Activity Center is to provide quality recreational and cultural activities and programs to seniors in order to enhance their quality of life.

Austin Parks and Recreation Department

Sara L. Hensley, CPRP, *Director*
Kimberly A. McNeely, CPRP, *Assistant Director*
Jesse Vargas, *Assistant Director*
Cora Wright, *Assistant Director*
Cheryl Bolin, *Division Manager-CPD*
Tiffany M. Cabin, *Program Manager*

Parks Board

Jane Rivera, *Chair*
Jeff Francell, *Vice Chair*
William Abell, *Board Member*
Susana Almanza, *Board Member*
Dale Glover, *Board Member*
Lynn Osgood, *Board Member*
Susan Roth, *Board Member*

Office of the City Manager

Marc Ott, *City Manager*
Michael McDonald, *Deputy City Manager*
Robert Goode, *Assistant City Manager*
Sue Edwards, *Assistant City Manager*
Burt Lumbreras, *Assistant City Manager*
Anthony Snipes, *Assistant City Manager*
Ray Baray, *Acting Chief of Staff*

City Council

Mayor Lee Leffingwell
Sheryl Cole, *Mayor Pro Tem (Place 6)*
Chris Riley, *Place 1*
Mike Martinez, *Place 2*
Kathie Tovo, *Place 3*
Laura Morrison, *Place 4*
Bill Spellman, *Place 5*

Sewing (226700)

Beginner to Advanced

Mondays & Tuesdays
1 PM – 5 PM

Students will get one-on-one instruction on basic sewing and sewing machine skills. Advanced students will cover the art of quilting and other crafts using cloth. (Classes will resume on Sept 9).

Instructor: Mirian Jones

Cost: \$5.00 per month

Beginner's Quilting (226700-04)

Beginner to Advanced

Wednesdays & Thursdays
1 PM – 3 PM

This class teaches new quilters the basic concept of quilting.

Instructor: Margarine Beaman

Cost: Free

Education

Bible Study (2265401-01)

Mondays & Thursdays
10 AM – 11:30 AM

Study is taught from the King James version of the Bible. Classes are conducted from lesson plans and "open format".

Instructors: Various

Cost: Free

Arts & Crafts



Ceramics (226700)

Beginner to Advanced

Mondays

9:30 AM – 11:30 AM

Students will be introduced to different painting and glazing techniques. Class includes group projects and kiln firings.

Instructor: Mary Roberts

Cost: \$10.00/4 classes

Spanish Class (226402-01)

Beginner to Advanced

Mondays & Wednesdays
1 PM – 3 PM

Learn basic Spanish in a relaxed atmosphere.

Instructor: Maestro Dotson

Cost: Free

Music & Dance

Conley-Guerrero Inspiration Choir (226702-01)

Tuesday (1st and 3rd)
10 AM - 11:30 AM

Bring cheer and good will through song! The choir practices traditional songs, and performs at special functions at our facility and throughout Austin.

* **Tuesday, July 16:** Oak Springs Villa Senior Apts (226608-05)

* **Tuesday, August 13:** Walnut Hills Rehab Center (226609-06)

Instructor: Amelia Manor



Ballet Folklorico (226701-01)

Mondays & Wednesdays
11 AM – 12 PM

The group practices traditional Mexican folkloric ballet. Performances are held at Conley-Guerrero SAC and throughout Austin.

Instructor: Juanita Lopez

Cost: Free



"Golden Ace" R&B Line Dance (226701-02)

Thursdays
10 AM – 11 AM

Get your blood pumping and feet moving to Rhythm & Blues, Hip Hop music and steps!

Instructor: L.M. Rivers & Brenda Malik

Cost: Free

Be sure to update your membership and class registrations!

Fitness



Exercise 1 & Exercise 2

(226500-01) (226500-02)
Beginner to Intermediate

Mondays, Wednesdays & Fridays
9:30 AM - 10:15 AM & 10:30 AM - 11 AM

Strengthen your body using sticks, bands, breathing exercises and traditional chair aerobics.

Instructors: Eleanor Perkins & Martha Johnson

Cost: Free

Walking Group

(226500-06)

Beginner & Intermediate

(The group will resume walking outdoors on September 11, 2013).

Wednesdays
8:30 AM - 9:30 AM

This walking group is on-going with volunteer coaches. Participants are encouraged to walk in groups of two or more. Walk at your own pace.

Instructors: Carrolyn & Estela

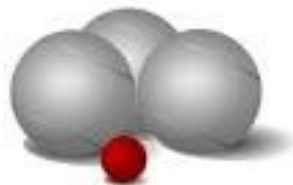
Cost: Free

Bocce Ball

(226500-07)

Beginners to Intermediate

Fridays: 10 AM - 11:30 AM



"This ancient game, whose modern adaptation most closely resembles bowling, requires skill, strategy and just a little luck. Bocce ball is a great game to play outside on a beautiful day. It is highly popular among seniors."

Instructors: Staff and Volunteers

Cost: Free

Games

Domino Group

(226950-01)

Monday thru Friday
8 AM - 5 PM

The group plays regular dominoes.

Bridge

(226950-02)

All Levels

Tuesdays & Thursdays
2 PM - 5:00 PM
Contract/Party Bridge

Special Interest

Trace Your Roots

(226401-2)

Thursdays
1 PM - 3 PM

July 11 and 18
August 1, 15 and 29

Learn to find your ancestors by using resources available through genealogy websites. Instructor will help you navigate the sites and fill out your pedigree charts. Class includes occasional field trips to local libraries which contain additional records. The class is free. However, if you need to obtain records not found through the internet, the Bureau of Vital Statistics does collect a fee for that service.

Instructor: Carrolyn & Francis Davila

Cost: Free

Bingo

(226950-03)

Mondays & Fridays

1 PM - 2:30 PM

Socialize and play bingo.

\$1.00 per card

(Volunteer Callers needed)

Billiards Room

(226950-04)

Monday- Friday

8 AM - 5 PM

Open Puzzle Table

Monday — Friday

8 AM — 5 PM

Blood Pressure Checks with Wesley Nurse Health Ministries

Tuesdays

July 30 & August 27

10:30 AM - 11:30 AM

Lunch Room

Nurse: Sharon

Birthday Cake

Tuesdays

July 30 & August 27

12:30 PM



July & Aug Presentations

Stress Presentation

w/ Travis County Community Health Workers

Part 1: “Why exercises are so important for my health”

Tuesday, July 2

10:30 AM

Part II: “How to advocate for myself when I go to the doctor”

Tuesday August 6

10:30 AM

Crescencia Alvarado, Outreach Coordinator with Travis County Community Health Workers will conduct a hands on presentation that includes lots of audience engagement. So come ready to learn a lot and have fun doing it!

Austin Energy Presentation

Wednesday, July 17, 2013

11:00 AM



Carlos Cordova with Austin Energy Outreach Program will be here to present some information on how to beat the heat with conserving tips and programs that are available.

July & Aug Presentations



Health's Angels

(2269659-01)

Tuesday, August 13

11:30 AM

A representative from St. David's Foundation will be available to give an update on our volunteer opportunities to start a community garden at Cantu/ Pan American Recreation Center.



Mike's Place Presentation

Tuesday, August 20

11:00 AM

Mike's Place is a free respite program for individuals with Alzheimer's Disease and other dementias and their family members/caregivers. The program is held at Meals on Wheels and More every Wednesday morning from 9:30 am – 1:30 pm as well as the first Tuesday of the month at the same time. The program offers social time, music and singing, art, exercise, performances by various talented individuals and groups and lots of laughter and hugs. Further, the program offers caregivers a chance to take a break to run errands or take time for themselves while their loved one is enjoying activities with our caring staff and volunteers.

Tips and Gratuities—Reminder!!!!

City of Austin policies prohibits **ALL** staff members and volunteers from accepting or soliciting any gifts, gratuities (tips) or favors in any form for any purpose or services.

July Trips

All trips are done through a lotto registration. To be eligible, you must be a current participant of the Conley-Guerrero Senior Activity Center. When registering for a trip you may register for yourself and one other current participant. Trips must be paid in full, within 48 hours of selection. Local trips must have a minimum of seven participants and out of town trips must have a minimum of ten participants signed-up by deadline (**two business days before trip**). If paying with cash, please bring exact amount for your transaction.

(*Indicates meal on your own).

July lotto selection is at July 1, 2013 (12 PM)

State Capitol & Old Bakery Tours / Lunch @ Stubb's Bar-B-Q (Moderate Walking Involved With This Trip)

(226608-01)

Friday, July 5

"The **State Capitol** was originally designed in 1881 by architect Elijah E. Myers. It was constructed from 1882 to 1888 under the direction of civil engineer Reuben Lindsay Walker... The building has nearly four hundred rooms and more than nine hundred windows."



The **Old Bakery & Emporium** is a historic building located in Downtown Austin. The Bakery operates as a Consignment Shop where hand crafted regional gifts from cards, clothing to photos and jewelry are available. The Art Gallery is located on the third floor of the Old Bakery and Emporium and features a rotating schedule of exhibitions including artworks of all media and subject matter.



6
Depart: 8:30 AM
PM

Return: 1:00

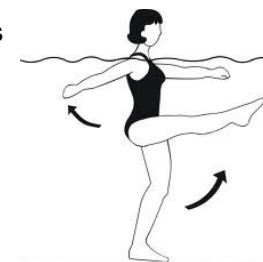
Cost: \$2.00*

Water Exercise and Swimming Trip

(226608-02)

Wednesdays
July 10 - August 7, 2013
at Garrison Pool

Participants will learn basic water skills and exercises. Participants will be able to shower and change clothes at pool. Bring dry clothes and a towel to shower at the pool. **Remember to bring you sun block and head gear to protect you from the sun.**



Depart: 9:30 AM
Return: 12:00 PM
Cost: Free

Lunch Day Out @ Buffet King Sushi & Mongolian (226608-03)

Thursday, July 18

This restaurant is in Capital Plaza. They have a good diversity of dishes: beef, pork, chicken, seafood, sushi, soups salad bar, fruit bar, desserts & Mongolian BBQ.



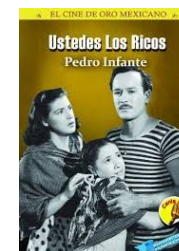
Depart: 10:30 AM
Return: 1:30 PM
Cost: \$2.00*

Cine de Oro @ The Emma S. Barrientos Mexican American Cultural Center (226608-04)

Tuesday, July 30

"Ustedes Los Ricos / You the Rich: 1954

This is a moving story of a humble Mexican family. Pepe, an honest, hard-working carpenter, suffers the loss of his son when a criminal sets fire to his home. Spanish with English subtitles.



Depart: 9:00 AM
Return: 12:30 PM
Cost: FREE

Source: maccaustin.org

August Trips

All trips are done through a lotto registration. To be eligible, you must be a current participant of the Conley-Guerrero Senior Activity Center. When registering for a trip you may register for yourself and one other current participant. Trips must be paid in full, within 48 hours of selection. Local trips must have a minimum of seven participants and out of town trips must have a minimum of ten participants signed-up by deadline (**two business days before trip**). If paying with cash, please bring exact amount for your transaction. (*Indicates meal on your own).

August lotto selection is at August 1, 2013 (12 PM)

Wal-Mart Super Center North

(226609-01)

Friday, August 9

Shop for everything your heart desires! Grab a biscuit and coffee from McDonald's and hit the aisles. Get a pedicure/manicure where there's usually a technician who is qualified to work with diabetics. Make sure to pick up your lunch number from the front counter when you sign the waiver, so you'll be all set for lunch when we get back.

Depart: 9:00 AM
Return: 12:00 PM
Cost: \$2.00

Round Rock Express @ The Dell Diamond Round Rock, Texas

(226609-02)

Monday, August 12

The Round Rock Express will be playing the Tacoma Rainiers. Monday night promotion is hot dogs & sodas for \$1.00 each. Our seats will be in the shade, but still dress for the heat. Game starts at 7:05 pm.



Depart: 5:00 PM
Return: 10:00 PM
Cost: \$2.00*
Theater Ticket: \$15.00

Wildseed Farms, Fredericksburg, Texas

(226609-03)

Friday, August 23

Wildseed Farms is located in the beautiful Texas Hill Country, just seven miles east of Fredericksburg, Texas. Summer visitors will enjoy cosmos, sunflowers, zinnias and other warm weather bloomers. The Market Center is brimming with delightful gifts for home and garden.

Fredericksburg, Texas with over 150 shops, galleries, boutiques and emporiums, shopping remains one to the primary reasons visitors come to Fredericksburg. Many of the shops are concentrated on or near Main Street

Special stop on the way back in Stonewall at their fruit & vegetable stands.

Depart: 8:00 AM
Return: 4:00 PM
Cost: \$5.00 * (Andy's Steak & Seafood Grill - menu at the front counter)

Cine de Oro @ The Emma S. Barrientos Mexican American Cultural Center

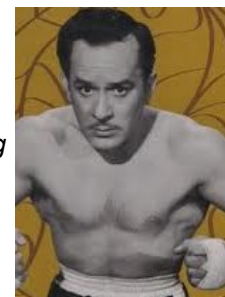
(226609-04)

Tuesday, August 27

"Pepe El Toro / Pepe, The Bull: 1951

The business of professional boxing affects the simple lives of humble people, and the character of Pepe El Toro, played by Pedro Infante, wants to demonstrate that the life of a boxer is hard and tragic. Spanish with English subtitles.

Depart: 9:00 AM
Return: 12:30 PM
Cost: FREE
Source: maccaustin.org



Lunch Day Out @ Fish Daddy Seafood Grill

(226609-05)

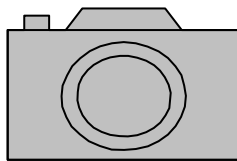
Thursday, August 29



Depart 10:30 AM
Return 1:30 PM
Cost: \$2.00*

Photo Week

for our 25th Anniversary



Monday, August 19, 2013

Ceramics 9 AM

Bible Study (Monday) 10 AM

Bingo 1:15 PM

Tuesday, August 20, 2013

Choir 10 AM

Dominoes 2 PM

Bridge 2:30 PM

Billiards 3 PM

Sewing 3:30 PM

Wednesday, August 21, 2013

Coffee Shop

Walking Group 9:30 AM

Exercise I and II 10:30 AM

Ballet Folklorico 11 AM

Quilting 1 PMpm

Thursday, August 22, 2013

Bible Study (Thursday) 10 AM

Golden Aces' R & B Line Dance 10:30 AM

Friday, August 23, 2013

Bocce 10 AM



Conley-Guerrero SAC Closure

Monday, July 22 - Friday, July 26, 2013

for Maintenance Week

Feel free to visit any of the sites below:

Alamo Recreation Center (RC)

2100 Alamo Street
(512) 974- 5680

South Austin SAC

3911 Manchaca Rd
(512) 448-0787

Virginia L. Brown RC

7500 Blessing Ave
(512) 974-7865

Metz Recreation RC

East 3rd Street
(512) 478- 8716

Gus Garcia RC

1201 E. Rundberg
(512) 339-0016

Senior Activity Center

2874 Shoal Crest Ave
(512) 474-5931

**The closest centers that have Meals
on Wheels are Alamo and Metz.**

*Conley-Guerrero SAC will Reopen on
Monday, July 29, 2013*

Special Announcement

The Conley-Guerrero Senior Activity Center (SAC)
is pleased to announce the contestants for the
Crowning of King and Queen.

Queen

Janey Martinez

Evelyn Nealy

Mirdie Manor

King

Matt Bragg

Lee Dawson Sr.

Eric Nunn

This year's ball and dinner will be extra special with
Conley-Guerrero SAC celebrating their
25th anniversary.

Tickets to the dinner and sponsorship for this event can
be purchased from
contestants and advisory board members.

The male and female contestants that raise the most
money will be crowned king and queen for 2013/14.
Come out and support your favorite contestants at the
following fundraisers.

Garage Sales (8:30 AM - 11:45 AM)

Monday, July 15

Tuesday, August 6

Wednesday, August 14

Thursday, August 22

Summer Concert Series

Farley



“Live In Concert”



Conley-Guerrero Courtyard

Tuesday, July 16 & August 20

11:45 AM



“Free”



Music Requests Are Welcome.



For Your Enjoyment...

Come Celebrate 4th of July at Conley– Guerrero SAC

(229659-02)

Wednesday, July 3 (Noon)

Sponsored By Conley-Guerrero Advisory Board

Event is Free to Registered Participants

WEAR RED, WHITE & BLUE

National Dinosaur Day

Friday, August 2

11:30 AM

Games and A Green Surprise

WEAR GREEN

See Carrolyn for Details

The Computer Lab at Conley-Guerrero

Monday – Friday: 9:00 AM – 4:45 PM

(open during non –class hours)



austinfree.net

Anderson Basic Computer Class

(226400-04)

All Levels

Monday, Wednesday and Friday: 10 AM - 12 PM

Learn basic internet browsing, word processing and more in 10 weeks. *Please fill out an enrollment form before your first class.*

(Walk-ins are welcome).

Instructor: Robert Anderson

Cost: Free

Advisory Board

Margarine G. Beaman, President

Reginald Christopher, Vice President

Marvin Massie, Treasurer

Vacant, Sgt. At Arms

James “Jim” Crayton, Secretary

Alice Houston-Johnson, Corr. Secretary

Olivia Ussery, Parliamentarian

Willie Adams, Member

Larry Graunard, Member

Eddie Pearl Rucker, Member

Guild

Ida M. Hunt, President

Dr. Beulah Agnes Jones, Vice President

Nellie Tellez, Recording Secretary

Jimmy L. Bowie, Treasurer

Elva Arambula, Courtesy/Social Chair

Matt Bragg, Member

Elridge Nelson, Member

Conley-Guerrero S.A.C. Newsletter

Newsletters can be mailed to your home or business address.

Cost: \$5.00/12 months

If paying with a check, please make payable to:

Conley-Guerrero Advisory Board.

Only Conley-Guerrero Advisory Board

Members can receive any annual donations or payment to have the newsletter mailed to you.

Please ask at the front counter and the staff will contact an Advisory Board Member to take you donation.



Board Bulletin

Executive Board Meeting:

Tuesday, July 9 @ 1 PM

Guild Meeting:

Thursday, September 19 @ 9 AM

Advisory Board Meeting:

Tuesday, July 30 @ 1 PM

GIFTS AND MEMORIAL FUNDS

Honor a relative or a friend with a gift to the Conley-Guerrero Senior Activity Center in his/her memory. Acknowledgment will be mailed promptly to the family or individual indicated by the donor. Your gift will be dedicated to the activities of the participant.

Enclosed is my gift of \$ _____








In memory of _____

Please mail to: Gifts and Memorial Fund

Conley-Guerrero Senior Activity Center

808 Nile Street Austin, Texas 78702

J U L Y

Monday	Tuesday	Wednesday	Thursday	Friday
1 Grilled Chicken Strips Chicken Gravy Herbed Green Peas Spring Vegetables Wheat Bread Fresh Fruit Cal: 640	2 Turkey Rice Casserole Broccoli Sliced Carrots Wheat Bread Butterscotch Swirl Pudding Cal: 657	3 Independence Day BBQ Beef Baked Beans Coleslaw Hamburger Bun Peach Crisp Cal: 963	4 <i>Closed For Independence Day</i>	5 Chicken/Sausage Jambalaya Field Peas Cabbage Saltine Crackers  Apple Juice Cal: 624
8 Ron Lantz's Meatloaf Tomato Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Cal: 620	9 Baked Chicken Breast Chicken Gravy Macaroni and Cheese Squash, Zucchini, and Tomatoes Wheat Bread Ambrosia Pudding Cal: 635	10 Country Fried Steak Country Gravy Brown Rice Rosemary Carrots Wheat Bread Fruited Cherry Gelatin Cal: 766	11 Apple Glazed Turkey Ham Black-Eyed Peas Mixed Greens Cornbread Fresh Fruit Margarine Cal: 628 	12 Chicken Salad Pasta Salad Tomato Spoon Relish Saltine Crackers Cranberry Juice Cal: 617 COLD
15 Sesame Chicken Strips Fried Brown Rice Japanese Vegetables Wheat Bread Fresh Fruit Cal: 676 	16 Beef Spaghetti Casserole Green Beans/Onions Dilled Carrots Wheat Bread Fruited Lime Gelatin Cal: 666	17 Charlene's Tuna Salad Three Bean Salad Cucumber Salad Saltine Crackers Fresh Fruit Cal: 621 COLD 	18 Swiss Steak Rosemary Potatoes Diced Beets Wheat Bread Strawberry Swirl Pudding Cal: 649	19 Maple Glazed Chicken Mixed Beans Summer Vegetables Wheat Bread Pineapple Juice Cal: 736 
22	23	24	25	26
<h1 style="color: red; text-align: center;">Closed for Maintenance Week</h1>				
29 Chicken Cacciatore Pasta Florentine Dilled Carrots Wheat Bread Fresh Fruit Cal: 608	30 Chili with Beans Brown Rice Mixed Greens Saltine Crackers Fresh Fruit Cal: 605	31 Fish Nuggets Corn O'Brien Herbed Green Beans Wheat Bread Fresh Banana Tartar Sauce Cal: 685	*Due to unavailability of certain items, appropriate substitutions may need to be made.	Every meal is served with low fat milk or buttermilk.  ≥ 1000mg Sodium -  Vegetarian Entrée

Meet new and interesting people during lunch. Meal tickets are distributed on a **FIRST COME-FIRST SERVE** basis beginning at **10 AM** each morning.

Lunch is served **Monday - Friday at 12 PM - 12:30 PM.**











A \$1.00 donation for those over the age of 60 years is greatly appreciated. If you are under the age of 60, the cost of the meal is \$5.39.

AUGUST

Meet new and interesting people during lunch.
Meal tickets are distributed on a **FIRST COME-FIRST SERVE** basis beginning at **10 AM** each morning.

Lunch is served
Monday - Friday at 12 AM - 12:30 PM.

A \$1.00 donation for those over the age of 60 years is greatly appreciated. If you are under the age of 60, the cost of the meal is \$5.39.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>*Due to unavailability of certain items, appropriate substitutions may need to be made.</i></p>	<p>Every meal is served with low fat milk or buttermilk.</p> <p> ≥ 1000mg Sodium -</p> <p> Vegetarian Entrée</p>		<p>1 Turkey Breast/Gravy Roasted Sweet Potatoes Broccoli/Cauliflower Cornbread Fruited Strawberry Gelatin Margarine Cal: 662</p> <p></p>	<p>2 BBQ Pork Rib Patty Ranch Beans Mixed Vegetables Wheat Bread Orange Juice Cal: 683</p>
<p>5 Grilled Chicken Strips Chicken Gravy Herbed Green Peas Spring Vegetables Wheat Bread Fresh Fruit Cal: 640</p>	<p>6 Turkey Rice Casserole Broccoli Sliced Carrots Wheat Bread Butterscotch Swirl Pudding Cal: 657</p>	<p>7 Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Hot Sliced Peaches Mustard and Catsup Cal: 674</p>	<p>8 Fish Nuggets Oven Roasted Potatoes Green Beans Wheat Bread Fruited Orange Gelatin Tartar Sauce Cal: 723</p> <p></p>	<p>9 Chicken/Sausage Jambalaya Field Peas Cabbage Saltine Crackers Apple Juice Cal: 624</p> <p></p>
<p>12 Ron Lantz's Meatloaf Tomato Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Cal: 620</p>	<p>13 Baked Chicken Breast Chicken Gravy Macaroni and Cheese Squash, Zucchini, and Tomatoes Wheat Bread Ambrosia Pudding Cal: 635</p>	<p>14 Country Fried Steak Country Gravy Brown Rice Rosemary Carrots Wheat Bread Fruited Cherry Gelatin Cal: 766</p>	<p>15 Apple Glazed Turkey Ham Black-Eyed Peas Mixed Greens Cornbread Fresh Fruit Margarine Cal: 628</p> <p></p>	<p>16 Chicken Salad Pasta Salad Tomato Spoon Relish Saltine Crackers Cranberry Juice Cal: 617</p> <p>COLD</p>
<p>19 Sesame Chicken Strips Fried Brown Rice Japanese Vegetables Wheat Bread Fresh Fruit Cal: 676</p> <p></p>	<p>20 Beef Spaghetti Casserole Green Beans/Onions Dilled Carrots Wheat Bread Fruited Lime Gelatin Cal: 666</p>	<p>21 Charlene's Tuna Salad Three Bean Salad Cucumber Salad Saltine Crackers Fresh Fruit Cal: 621 COLD</p> <p></p>	<p>22 Swiss Steak Rosemary Potatoes Diced Beets Wheat Bread Strawberry Swirl Pudding Cal: 649</p>	<p>23 Maple Glazed Chicken Mixed Beans Summer Vegetables Wheat Bread Pineapple Juice Cal: 736</p> <p></p>
<p>26 Salisbury Beef Onion Gravy Garlic Whipped Potatoes Capri Vegetables Wheat Bread Fresh Fruit Cal: 620</p>	<p>27 King Ranch Chicken Casserole Tossed Salad Brown Rice Wheat Bread Hot Sliced Peaches Lite Ranch Dressing Cal: 672</p>	<p>28 Turkey Taco Meat Lettuce and Tomato Black Beans Wheat Tortilla Apple Crisp Taco Sauce Cal: 670</p>	<p>29 Oven Fried Chicken Mashed Spiced Yams Brussels Sprouts Wheat Bread Fruited Lemon Gelatin Cal: 783</p>	<p>30 Labor Day Smoked Turkey Sausage Potato Salad Mixed Vegetables Hot Dog Bun / Mustard Mixed Fruit Crisp Cal: 740</p> <p></p>

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